

WINTER 2019 UPDATE



Seattle
Parks & Recreation



OUTDOOR
OPPORTUNITIES

Dear O2 Family ~

Happy New Year and Merry Winter!

As the season transitions into winter, so do our O2 calendar of events. We have a lot of fun and snowy adventures lined up for you and we can't wait to get our winter season started!

With our recent change of O2 program locations and pick ups, we just want to remind you that we refer to our programs as **O2 at Camp Long** and **O2 at Southwest**. It is important to note that our pick up locations for Camp Long are at Camp Long, Jefferson Community Center and Garfield Community Center. The Southwest pick up locations are at Southwest Teen Life Center, Rainier Beach Community Center and, Rainier Community Center. As always, you are welcome to participate in either location and any of the programs!

A few upcoming workshops to look forward to are: Ice Skating, Snowshoeing, Wolf Haven, Snowboarding, the Columbia Gorge overnight, Leavenworth overnight, the MLK March Service Project, Build your own Terrarium, and more!

You can sign up for any of the events with Hannah (Camp Long) or Rachel (Southwest). **If you sign up for an event, please keep track of the date and confirm that you are able to attend as it approaches.** These events are in high-demand, so failure to communicate with us might mean your spot goes to another participant.

Please know that you are always invited to our O2 events and we look forward to seeing each and every one of you this season!

~ Bob, Adama, Rachel & Hannah ~

Camp Long

Hannah Narramore | 206-423-3460 | hannah.narramore@seattle.gov
Bob Warner | 206-760-3839 | robert.warner@seattle.gov

Southwest

Rachel Larson | 206-423-1501 | rachel.larson@seattle.gov
Adama Seck | 206-390-1018 | adama.seck@seattle.gov

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www.seattle.gov/parks/teens/o2

www.facebook.com/O2ProgramSeattle



January



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---------|--|----------|--------|--|
| | | 1 | 2 <i>No workshops</i> <i>Happy</i> <i>New Year!</i> | 3 | 4 | 5 |
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Wednesday pick-ups: 3:00 —3:45pm
 Wednesday drop-off: by 7:30pm
 Weekend trip pick-ups: 9:00 —9:45am
 Weekend trip drop-off: by 7:30pm

Text or call to sign up for events!

Hannah (Camp Long) | 206-423-3460

Rachel (Southwest) | 206-423-1501



February



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|--|---|--|--|--|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 Camp Long Challenge Course Portables Page 5 Southwest Darkness Falls Page 7 | 7 | 8 | 9 JOINT Service Project PAWS Page 11 |
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Wednesday pick-ups: 3:00 — 3:45pm
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 Weekend trip pick-ups: 9:00 — 9:45am
 Weekend trip drop-off: by 7:30pm

Text or call to sign up for events!
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 Rachel (Southwest) | 206-423-1501



March



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---------|---|----------|---|---|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 JOINT Conservation Canines <i>Page 6, 8</i> | 7 | 8 Camp Long Overnight Trip Keep Portland Weird <i>Page 9</i> | 9 Camp Long Overnight Trip Keep Portland Weird <i>Page 9</i> |
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Text or call to sign up for events!
Hannah (Camp Long) | 206-423-3460
Rachel (Southwest) | 206-423-1501

Pick-ups and Drop-offs:

Look for the white Parks & Rec van at:

Camp Long — 3:00pm

Jefferson Community Center — 3:15pm

Garfield Community Center — 3:30pm

Return to community centers—7:30pm



Wednesday, January 9th | Ice Skating!

Ice skating is a wonderful, wintery way of kicking off the new O2 Season! Come one, come all and give it your best at skating while laughing, playing and making new O2 friends!

Wednesday, January 16th | Duwamish Longhouse

The Duwamish Tribe is not considered an official tribe according to the government, but they are a huge part of Seattle's history and we are going to learn about just how important they are to our community. A member of the tribe will give us a tour of their longhouse and will tell us about their culture and history as a tribe.

Wednesday, January 23rd | Build your own Terrarium

Have you ever seen terrariums on Pinterest or Instagram and wanted one for yourself? Well now you can! For this afternoon, we will learn about what terrariums are and how they work. Then we are each going to make one. This will be a great distraction from your finals!

Wednesday, January 30th | Snowshoe Day Trip

The Seattle School District has decided to give us a day off from school this day. And so we have decided to take full advantage of it by enjoying a full snow day in the mountains. We will take a fun, easy snow shoe hike around a beautiful lake, have a picnic and build a snow shelter. No experience necessary!

Wednesday, February 6 | Challenge Course Portables

What can you do with a tarp, a rope, and an orange? If you like playing games, solving puzzles, and working in a team this event is perfect for you! Come join us at Camp Long where we will be leading games as a group & competing against one another.

Wednesday, February 13th | Indoor Climbing

Indoor rock climbing is a remarkable sport. Climbing is fun, challenging and a great way to support your friends and see each other succeed. Come learn how to rock climb, or refine your rock climbing skills! All people are welcome— from beginning to advanced climbers!

A permission form is necessary in order to participate and can be found on page 15

Wednesday, February 27th | Google Tour

We are going to tour Google!! Come learn about what Google does, what kind of jobs and internships they have, take a look at their cool gadgets and much more! We will be getting a personal tour from one of their employees that we met at the food bank in November.

Pick-ups and Drop-offs:

Look for the white Parks & Rec van at:

Camp Long — 3:00pm

Jefferson Community Center — 3:15pm

Garfield Community Center — 3:30pm

Return to community centers — 7:30pm



Wednesday, March 6th | Conservation Canines

Have you ever wondered about what happens to the unwanted, high energy dogs at shelters? Well, Conservation Canines adopts those dogs and trains them to hunt for wild animal scat!

These dogs help researchers all across the world keep track of endangered animal and plant life. Join us for an afternoon with Conservation Canine experts (humans and dogs) as they demonstrate what they do!

Wednesday, March 13th | Summer Job Fair

If you are looking for a paid opportunity or job this summer, the O2 Teen Summer Employment Workshop will provide you with many options that are “teen” specific. We have consolidated all of the sources of teen jobs into one, short presentation in order to make it easier for you! Many O2 participants have received great jobs with the City of Seattle and our partnering agencies by attending this workshop and we want to continue that legacy!

Wednesday, March 20th | Stargazing at the Planetarium

Have you ever wondered about the planets and stars surrounding the earth or when humans will be able to inhabit another planet? Come gaze at the stars and the galaxy at the UW Planetarium! We are fortunate enough to have a UW graduate student volunteer their time and expertise in astronomy to provide us with a lesson in the stars, solar system, constellations and the universe!

Wednesday, March 27th | Student Led Art Project

At O2, we have a TON of extremely artistic and talented students. And so, we decided that we wanted those students led an O2 art workshop— showing off their skills and teaching us about what they love to do. For this afternoon, Bob and Hannah will be participating while the students lead the workshop!



Pick-ups and Drop-offs:

Look for the white Parks & Rec van at:

Southwest Teen Life Center — 3:00pm

Rainier Beach Community Center — 3:30pm

Rainier Community Center — 3:45pm

Return to Community Centers — 7:30pm



Wednesday, January 9th | Ice Skating!

Ice skating is a wonderful, wintery way of kicking off the new O2 Season! Come one, come all and give it your best at skating while laughing, playing and making new O2 friends!

Wednesday, January 16th | Elements of Rap

Ever dream of being a Rap Star? Learn to rock the stage with a crowd, freestyle like the pros, write a rap, and take your spin at DJing some turntables. Come learn it all and more in our Elements of Rap!

Wednesday, January 23rd | Pacific Science Center

Come spend the afternoon hanging out in the Pacific Science Center. We will be exploring everything that this place has to offer! VR micro theater, Science on a Sphere, Smell Exhibit, the Butterfly Greenhouse and much much more!

Wednesday, January 30th | Wolf Haven

Want to learn more about the origin of our furry friends? We will be taking a day trip to the Wolf Haven International just outside of Olympia. We will have lunch at a local lunch diner in Olympia, giving us a chance to walk around our state's capital. From there we will make our way over to the Wolf Sanctuary, where the caretakers of these wild animals will tell us all about the breeding program they run out of the facility. They will tell us about how the wolves came to live at the sanctuary, and why they need to provide sanctuary for the wolves.

Pick up times have been altered: SWTLC at 9:00am, RBCC at 9:30am and RCC at 9:45am

Wednesday, February 6th | Darkness Falls

With the winter solstice shortly passed, our winter days have become shorter and our nights longer. And with longer nights, the nocturnal (creatures of the night) come out to explore, feed and play. Let's take a hike through one of Seattle's darkest forests to learn about nocturnal animals and see them first hand in the "wild." We will also enjoy a fire and roast some smores!

Wednesday, February 13th | Indoor Climbing

Indoor rock climbing is a remarkable sport. Climbing is fun, challenging and a great way to support your friends and see each other succeed. Come learn how to rock climb, or refine your rock climbing skills! All people are welcome— from beginning to advanced climbers!

A permission form is necessary in order to participate and can be found on page 15.

Wednesday, February 20th | Day of Sculptures

We will be spending the day touring the new, larger Outdoor Sculpture Park Museum at the edge of Seattle's historic waterfront. After looking at really cool sculptures, we are going to blast down to the Seattle Art Museum to see some modern and historic art from all around the world.

Pick up times have been altered: SWTLC at 9:00am, RBCC at 9:30am and RCC at 9:45am

Pick-ups and Drop-offs:

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Southwest Teen Life Center — 3:00pm

Rainier Beach Community Center — 3:30pm

Rainier Community Center — 3:45pm

Return to Community Centers — 7:30pm



Wednesday, February 27th | Ice Sculpture Factory Tour

All across North America winter turns our landscapes into a winter wonderland, creating beautiful crystal structures around our lawns and windows. Join us as we learn about how a local artist uses one of water's many amazing properties to make a different form of art. We will have the opportunity of seeing how ice sculptures are made and learn about the intricacies of the process. Join us this week at Creative Ice, and ice sculpting business that creates beautiful pieces of ice art!

Wednesday, March 6th | Conservation Canines

Have you ever wondered about what happens to the unwanted, high energy dogs at shelters? Well, Conservation Canines adopts those dogs and trains them to hunt for wild animal scat! These dogs help researchers all across the world keep track of endangered animal and plant life. Join us for an afternoon with Conservation Canine experts (humans and dogs) as they demonstrate what they do!

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Wednesday, March 20th | Aquaponics Tour

Come learn about how fish poop and water can solve the environmental issues of agricultural farming! We will be taking a tour of Anything Aquaponics, an organization that works towards ending food poverty and building food security. We will learn how to build our very own aquaponics system!

Wednesday, March 27th | Outdoor Cooking

If you are interested in gaining cooking skills for your own personal trips in the future, or just so that you can show off your cooking skills at O2's weekend trips, you can join us at Camp Long where we will be making our dinner over campfires and stoves. Learn some simple tricks to cooking outdoors as well as eating a hot meal!

Pick-ups and Drop-offs for Overnight Trips:

Look for the white Parks & Rec van at:
Garfield Community Center — 9:00am
Jefferson Community Center — 9:15am
Camp Long — 9:30am
Return to Community Centers — 7:30pm



Saturday — Sunday, January 26th - 27th | Olympic Coastal Trip

The Olympic coast is a very special international destination. Come sleep in a cozy cabin along the crashing waves and explore the surrounding areas. We will visit Port Townsend, local beaches, and learn about this important maritime and historical port.

Tuesday — Thursday, February 19th - 21st | Mt. Baker Winter Cabin Trip

Mt. Baker is Hannah's home turf and she wants to share it with O2! We will be exploring the Mt. Baker Wilderness and taking it by storm. We will snowshoe up to Artist's Point and see a waterfall or two. Come join us in a snowy, wintry wonderland!

Friday — Sunday, March 8th - 10th | Keep Portland Weird

Portland claims to be the weirdest city in the US and is proud of it. Let's find out just how weird Portland is! We are going to find the funkiest, strangest activities to do with a full day to do them! We will be going to museums, walking tours, and just having fun. Come be weird with us!



Pick-ups and Drop-offs for Overnight Trips:

Look for the white Parks & Rec van at:
Southwest Teen Life Center — 9:00am
Rainier Beach Community Center — 9:30am
Rainier Community Center — 9:45am
Return to community centers — 7:30pm



Saturday — Sunday, January 12th - 13th | Leavenworth Cabin Trip

Rachel and Hannah decided that they wanted to lead a trip together, and since they both identify as female, they thought they would run a trip for our female identified students. Get ready for a snow filled trip to Leavenworth! There will be smores, sleigh rides, snow ball fights and more!

Friday — Sunday, February 22nd - 24th | Olympic Peninsula

This three day trip will allow us to experience all aspects of this beautiful part of Washington. Where we will be enjoying two nights in a coastal cabin just outside of the Olympic National Park. While there we will be taking you on a snowshoe adventure through the Cascade mountain range by day and venturing around the coast near our cabins. So if you'd enjoy a weekend trip exploring the mountains & sea across the way from Seattle sign up to secure yourself a spot!

Saturday — Sunday, March 16th - 17th | Columbia Gorge

Come check out the beautiful scenery of Southwest Washington with us. We will enjoy the luxury of staying in a cabin, we will spend the day hiking and enjoying the outdoors, as well as enjoying the comforts of sleeping in a warm bed at night in a cozy cabin. At the border of the Cascade Mountain range, we will have great views & mild hiking along the lakes and rivers of the area.



Pick-ups and Drop-offs for Service Projects:

Look for the white Parks & Rec van at:
Camp Long — 9:00am
Jefferson Community Center — 9:15am
Garfield Community Center — 9:30am
Return to community centers — 7:30pm

Look for the white Parks & Rec van at:
Southwest Teen Life Center — 9:00am
Rainier Beach Community Center — 9:30am
Rainier Community Center — 9:45am
Return to community centers — 7:30pm

Saturday, January 19th | MLK March

Martin Luther King Jr. was an extremely important person in American history and an inspiration to us all! Each year as a program, we honor MLK Jr. by taking a day to discuss who he was, his impact & importance in social justice, and the legacy he left. We will also join a larger Seattle community of young people by marching through the streets of Seattle as a day of recognition and solidarity.

Saturday, February 9th | PAWS

Lend a hand to wildlife and adoptable animals— all while earning the service hours you need to graduate! The Progressive Animal Welfare Society (PAWS) is an animal shelter and wildlife rehabilitation facility that aims to promote compassion and respect for all animal life. During this service project O2 participants will aid PAWS in their mission by helping to provide safe spaces, healthy nutrition, and everyday care for animals in need.

Saturday, March 30th | Help the Foodbank

By popular demand, we will be having another foodbank feed! The O2 program will contribute a day of assisting a local food bank. We will help by handing out food to families, organizing the food, translating for families whose first language isn't English and much more. This is a great way to see the direct impact you can have on your community by helping out at the food bank!

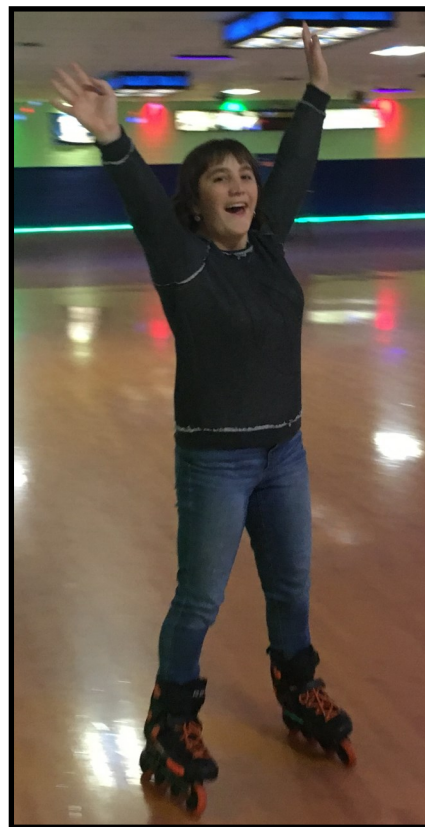


WINTER 2019

CAMP LONG

The Student of the Season for Camp Long is Jaimie Spott!

Jaimie has been a participant in O2 for almost a year now and she has been a ray of sunshine in our program! Jaimie has come to almost every single event and there's no slowing her down. Jaimie has a heart of gold and always thinks about everybody in the program and the community she serves. There is never a time when Jaimie isn't on the hunt for snacks before every event she attends. We look feeding Jaimie's hunger for events and her hunger for food in the future!



SOUTHWEST

The Student of the Season for Southwest is Anton Burckhard!

Joining us just last spring Anton has been a wonderful addition to our O2 program. Pictured to the left is one of the student's novel ideas, the Donut Bagel. In addition to being the co-inventor of the Donut Bagel he is also extremely considerate, helping out whenever he can with setup or takedown of equipment. Anton is a wonderful addition to our O2 community & we look forward to him continuing to be an active participant!



1. Camp Long Environmental Learning Center

5200 35th Ave. SW, Seattle, WA
(206) 684-7434

Bus lines: 21, C Line

Driving Directions From I-5:

Take exit 163A, merge onto West Seattle Bridge. Take a left onto 35th Ave SW. Follow 35th Ave. SW past Alaska St. Turn left on SW Dawson St.

Meeting Location: Meet the Parks van in the front of the lodge at the front door.

2. Jefferson Community Center

3801 Beacon Ave. S, Seattle, WA
(206) 684-7481

Bus lines: Light Rail, 36

Driving Directions From I-5:

Take exit 163A toward S. Columbian Way. Turn left onto S. Spokane St. Turn right on Beacon Ave S.

Meeting Location: Meet the Parks van in the parking lot of the community center near the front.

3. Garfield Community Center

323 E Cherry St, Seattle, WA
(206) 684-4788

Bus Line(s): 3,4, 48

Directions: The Community Center is located on the corner of E. Cherry St and 23rd Ave.

Meeting Location: Meet the Parks van in the community center parking lot on East Cherry Street.

4. Southwest Teen Life Center

2801 SW Thistle St, Seattle, W
(206) 684-7438

Bus Line(s): 21, 22, 60, 125, C Line

Directions: The teen center is located on SW Thistle St and 28th Avenue SW, across the street from Chief Sealth High School.

Meeting Location: Meet the Parks van in the parking lot in front of SWTLC.

5. Rainier Beach Community Center

8825 Rainier Ave S, Seattle, WA
(206)-386-1925

Bus Lines: 106, from downtown: 7

Driving Directions: Down the street from Rainier Beach High School, cross street Rainier and S. Henderson

Meeting Location: Parking lot in front of the community center.

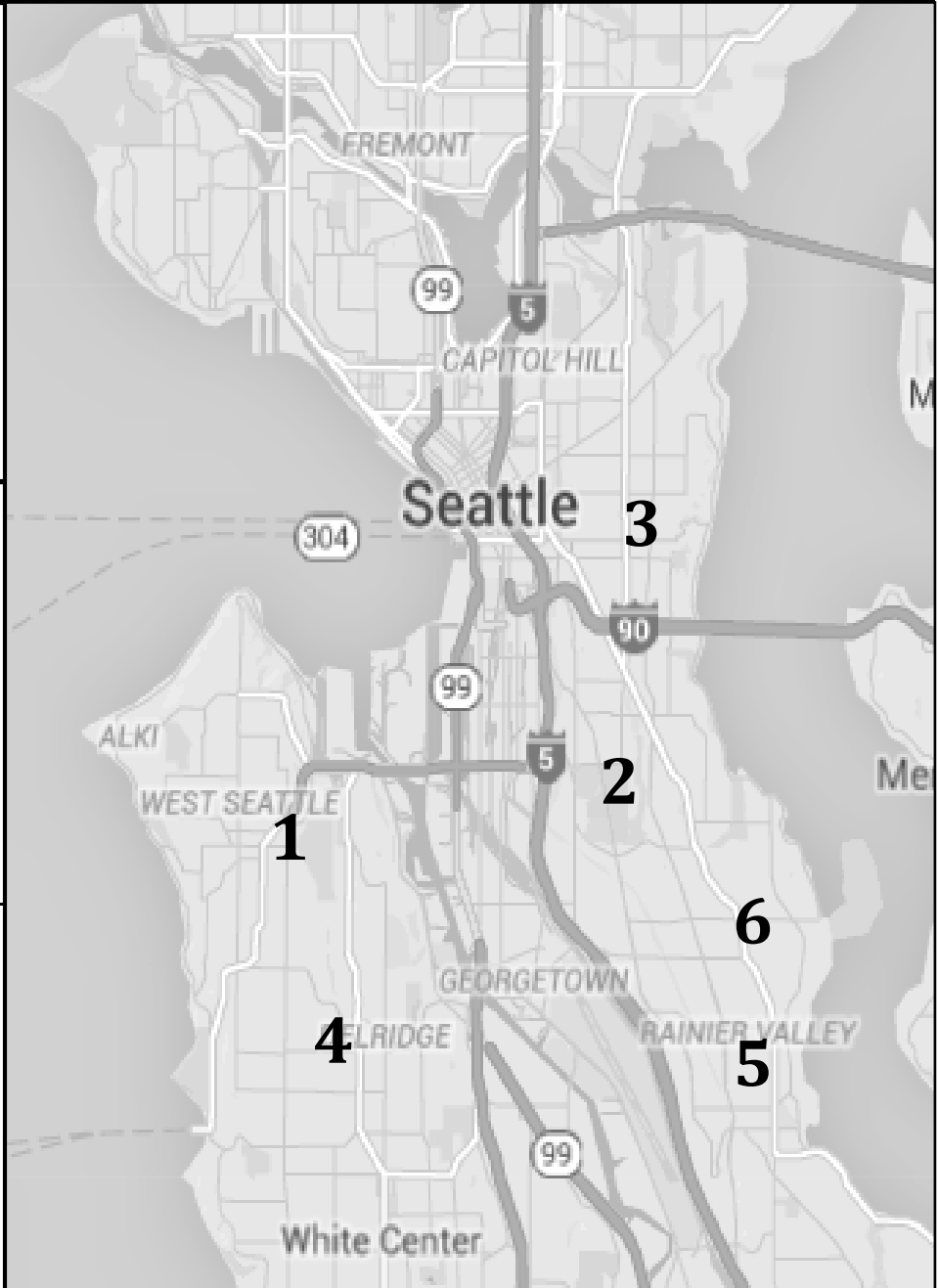
6. Rainier Community Center

4600 38th Ave. S, Seattle, WA
(206) 386-1919

Bus lines: 7, 9

Directions from the corner of Rainier and Alaska: Walk downhill (east) on Alaska. Walk one block past the Rainier Playfield on your left.

Meeting Location: Meet the Parks van in the parking lot of the community center.





Winter 2019 Equipment Lists

Make sure you show up to your events well prepared! Below are lists of some things you should plan to bring on overnight trips and on day trips. Any **items with an asterisk*** can be provided by O2 if you need them!

Overnight Trips

- ◆ Water bottle *
- ◆ Comfortable closed-toe walking shoes *
- ◆ Heavy jacket *
- ◆ Waterproof jacket *
- ◆ Wool or fleece sweater *
- ◆ Warm layers
- ◆ Gloves *
- ◆ Warm hat *
- ◆ Warm socks (synthetic or wool)*
- ◆ 1 pair of pants
- ◆ 2 shirts
- ◆ Bandana
- ◆ 1 small towel
- ◆ 1 wash cloth
- ◆ Flashlight (extra batteries) *
- ◆ Toiletries: soap (Ivory, if possible), tooth paste, toothbrush, comb, brush, feminine hygiene products if necessary
- ◆ Medications (if needed)
- ◆ Allergy medicine (if needed)
- ◆ Travel size pillow
- ◆ Sunscreen *
- ◆ Sunglasses
- ◆ Lip balm
- ◆ Camera (optional)

Day Trips

- ◆ Comfortable closed-toed walking shoes *
- ◆ Waterproof jacket *
- ◆ Warm layers *
- ◆ Towel
- ◆ Sunscreen
- ◆ Sunglasses
- ◆ Medications (if needed)
- ◆ Camera (optional)
- ◆ Snacks (optional)



WEST SEATTLE HEALTH CLUB, LLC

RELEASE OF LIABILITY & AGREEMENT NOT TO SUE FOR CLIMBING WALL
OR ANY OTHER INDOOR OR OUTDOOR ACTIVITIES

CLIMBER INFORMATION

NAME _____ DATE OF BIRTH _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE (____) _____ WORK PHONE (____) _____

EMERGENCY CONTACT'S FULL NAME _____

DAY PHONE#(____) _____ EVENING PHONE#(____) _____

PLEASE READ BEFORE SIGNING

I, _____, am aware that rock climbing, or climbing any artificial rock wall, is a hazardous recreational activity and that while certain skills, equipment, or personal disciplines might reduce these risks, all of these indoor or outdoor activities are inherently dangerous and possess many significant threats including but not limited to the risk of cuts, burns, punctures, fractures, or more serious injuries such as paralysis or death,

In consideration of being allowed use of the climbing facilities and participation in programs at West Seattle Health Club:

- I agree that I will not sue or make any claim against WEST SEATTLE HEALTH CLUB, or it's employees, agents (paid or volunteer), or contractors, for any loss, injuries, or damages resulting from participation in rock climbing, artificial wall climbing or any other indoor/outdoor activities at, or associated with WEST SEATTLE HEALTH CLUB.
- I agree that WEST SEATTLE HEALTH CLUB it's employees, agents, or contractors will not be held responsible for any loss, damage, or injury to me, my heirs, or assigns, resulting from any cause, including negligence.
- I agree that any equipment, which I provide, or borrow or rent from WEST SEATTLE HEALTH CLUB during any climbing or other indoor/outdoor activity, I shall use at my own risk. I understand and agree that WEST SEATTLE HEALTH CLUB shall not be held liable for any loss, damage, or injury resulting from the use of said equipment. WEST SEATTLE HEALTH CLUB makes no warranties pertaining to safety of said equipment.
- To the fullest extent allowable by law, I agree to RELEASE, INDEMNIFY AND HOLD HARMLESS WEST SEATTLE HEALTH CLUB, its employees, agents, volunteers, and contractors from any actions or claims brought by myself, family members or any other person(s), including but not limited to my heirs, assigns or personal representatives for any loss, injury or damages sustained during and resulting from participation in rock climbing, artificial wall climbing or any other indoor/outdoor climbing activities at or through WEST SEATTLE HEALTH CLUB including any loss, damage or injury resulting from use of the equipment or climbing wall or during any climbing programs or activities.
- The terms agreed to in this release shall also be binding upon myself and any other persons, including all family members, heirs, executors or administrators and includes any minors who may accompany me. I understand this is a binding contract which supersedes any other agreements or representations, but it is not intended to assert defenses which are prohibited by law.
- I am of legal age and competence to sign this release, or my parent or guardian has read and signed this release.

I agree that, of my own free will, I am voluntarily participating in this activity or any instruction related to this activity with full knowledge of the dangers implicated and hereby agree to accept complete responsibility for my own safety, and accept responsibility for all risks or dangers involved, even if arising from negligence of the WEST SEATTLE HEALTH CLUB. **I HAVE READ CAREFULLY AND THOROUGHLY THIS ENTIRE AGREEMENT, AND I UNDERSTAND ITS CONTENTS AND EVERY WORD AND TERM IN IT AND VERIFY THAT I AGREE TO THE ENTIRE AGREEMENT BY SIGNING BELOW OF MY OWN FREE WILL.**

Participant Signature _____ Date _____

If I am signing on behalf of a minor, in addition to the terms above, I agree to RELEASE, HOLD HARMLESS AND INDEMNIFY WEST SEATTLE HEALTH CLUB, and it's employees, agents, volunteers, or contractors for any claim the minor may bring. I agree to be solely responsible for any medical, legal or other expenses incurred by the minor.

Parent or Guardian Signature _____ Date _____